# Wellness on Every Plate

28 JUL - 17 AUG

Savour nourishing flavours at Pacific Place and Starstreet Precinct, with exclusive dining offers of up to **30%** off*.

Explore a variety of thoughtfully curated dishes, each featuring highlighted ingredients and nutritional benefits^, designed to support your wellness journey.

APINARA
thai cuisine and bar
bangkok est.2004

Shop 205, L2, Pacific Place

## Papaya Salad

### Key Ingredients

Raw papaya
Cherry tomato
Carrot
Dried Shrimp

### Nutritional Values (per serving)

(without dressing)

| | |
|---|---|
| Energy: | 141kcal |
| Protein: | 3g |
| Total Fat: | 0g |
| Carbohydrates: | 21g |
| Sugars: | 11g |

### Allergens

Crustaceans
Peanuts

**Mindful eating tip:**
Putting dressing on the side helps you enjoy natural flavours and supports your health goals.

Apinara
thai cuisine and bar
bangkok est.2004

Shop 205, L2, Pacific Place

**Thai Hainanese Chicken (Half) with Jasmine Rice & Chicken Soup**

### Key Ingredients

Chicken
Cucumber

### Nutritional Values (per serving)

(without sauce and chicken skin)

| | |
|---|---|
| Energy: | 791kcal |
| Protein: | 87g |
| Total Fat: | 23g |
| Carbohydrates: | 54g |
| Sugars: | 5g |

### Allergens

Cereals containing gluten
Soybeans

**Mindful eating tip:**

Cutting back on sauce and skipping the chicken skin keeps your meal lighter and supports your health goals.

Artemis Apollo

G/F, 9 and 11 Moon Street, Starstreet Precinct

**Greek Village Salad**

### Key Ingredients

Tomato
Cucumber
Greek Kalamata olives
Carob rusk
Vinaigrette dressing

### Nutritional Values (per serving)

(without dressing)

| | |
|---|---|
| Energy: | 339kcal |
| Protein: | 16g |
| Total Fat: | 15g |
| Carbohydrates: | 33g |
| Sugars: | 2g |

### Allergens

Cereals containing gluten
Milk

**Mindful eating tip:**

Putting dressing on the side helps you enjoy natural flavours and supports your health goals.

ARTEMIS & APOLLO

G/F, 9 and 11 Moon Street, Starstreet Precinct

## Tzatziki Theodoros

### Key Ingredients

- Greek yogurt
- Cucumber
- Mint
- Garlic
- Olive oil

### Nutritional Values (per serving)

(without olive oil)

| | |
|---|---|
| Energy: | 322kcal |
| Protein: | 11g |
| Total Fat: | 19g |
| Carbohydrates: | 17g |
| Sugars: | 11g |

### Allergens

- Alliums
- Milk

**Mindful eating tip:**

Putting olive oil on the side helps you control the amount and supports your health goals.

MODERN ITALIAN ASK FOR ALONZO TRATTORIA AND BAR

Shop B, G/F, Eight Star Street, Starstreet Precinct

10% OFF

## Beef Tagliata

### Key Ingredients

- Beef striploin
- Salsa verde
- Rocket
- Confit tomato
- Potato

### Nutritional Values (per serving)

(without sauce)

| | |
|---|---|
| Energy: | 263kcal |
| Protein: | 33g |
| Total Fat: | 11g |
| Carbohydrates: | 8g |
| Sugars: | 1g |

### Allergens

- Alliums

**Mindful eating tip:**

Cutting back on sauce helps you enjoy natural flavours and supports your health goals.

ASK FOR ALONZO

Shop B, G/F, Eight Star Street, Starstreet Precinct

## Pan Roasted Primavera Salad

### Key Ingredients

Mixed Italian vegetables
Pine nuts

### Nutritional Values (per serving)

(without dressing)

| | |
|---|---|
| Energy: | 259kcal |
| Protein: | 9g |
| Total Fat: | 5g |
| Carbohydrates: | 35g |
| Sugars: | 10g |

### Allergens

Alliums
Tree nuts

**Mindful eating tip:**

Putting dressing on the side helps you enjoy natural flavours and supports your health goals.

CAVIAR HOUSE THE FINEST

Shop 308, L3, Pacific Place

## Crab & Shrimp Avocado Tartare, Prunier Caviar

### Key Ingredients

Prunier caviar
Avocado
Sweet shrimp
Crab meat

### Nutritional Values (per serving)

| | |
|---|---|
| Energy: | 193kcal |
| Protein: | 11g |
| Total Fat: | 16g |
| Carbohydrates: | 1g |
| Sugars: | 0g |

### Allergens

Crustaceans
Fish

COTTO & CRUDO YOUR ITALIAN MEAL DEAL

G/F, 1 Wing Fung Street, Starstreet Precinct

**Signature Salad**

### Key Ingredients

Roasted chicken
Corn
Cherry tomato
Lollo Rosa lettuce
Stracciatella cheese

### Allergens

Milk

### Nutritional Values (per serving)

(without dressing)

| | |
|---|---|
| Energy: | 373kcal |
| Protein: | 24g |
| Total Fat: | 22g |
| Carbohydrates: | 13g |
| Sugars: | 7g |

**Mindful eating tip:**
Putting dressing on the side helps you enjoy natural flavours and supports your health goals.

**Note:**
Feel free to customise your salad with the toppings available on the day.

## DALLOYAU PARIS

Shop 325B, L3, Pacific Place

**Classic Caesar Salad with Slow Cooked Chicken Breast**

### Key Ingredients

Chicken breast
Romaine heart
Croutons
Grana Padano cheese

### Allergens

Alliums
Cereals containing gluten
Eggs
Fish
Milk

### Nutritional Values (per serving)

(without dressing & bacon)

| | |
|---|---|
| Energy: | 291kcal |
| Protein: | 31g |
| Total Fat: | 11g |
| Carbohydrates: | 15g |
| Sugars: | 1g |

**Mindful eating tip:**
Putting dressing and bacon on the side helps you control the amount and supports your health goals.

ELEPHANT GROUNDS

Shop D-L, 8 Wing Fung Street, Starstreet Precinct

## Açaí Yogurt Bowl

### Key Ingredients

Açaí yogurt
Granola
Banana
Mixed berries

### Nutritional Values (per serving)

(without honey)

| | |
|---|---|
| Energy: | 685kcal |
| Protein: | 23g |
| Total Fat: | 29g |
| Carbohydrates: | 60g |
| Sugars: | 24g |

### Allergens

Cereals containing gluten
Milk
Tree nuts

**Mindful eating tip:**
Putting honey on the side helps you control the amount and supports your health goals.

EMMER PIZZA

Shop 407, L4, Pacific Place

FREE Lemonade

## Nizzarda Salad

### Key Ingredients

Olive oil braised tuna
Mixed leaves
Potato
Nocellara olive
Hard boiled egg

### Nutritional Values (per serving)

(without dressing)

| | |
|---|---|
| Energy: | 261kcal |
| Protein: | 22g |
| Total Fat: | 9g |
| Carbohydrates: | 21g |
| Sugars: | 1g |

### Allergens

Eggs
Fish

**Mindful eating tip:**
Putting dressing on the side helps you enjoy natural flavours and supports your health goals.

## EMMER PIZZA

Shop 407, L4, Pacific Place

**Pizza Marinara**

### Key Ingredients

- Cherry tomato
- Black olive
- Red onion
- Garlic

### Allergens

- Alliums
- Cereals containing gluten

### Nutritional Values (per serving)

| | |
|---|---|
| Energy: | 807kcal |
| Protein: | 21g |
| Total Fat: | 17g |
| Carbohydrates: | 132g |
| Sugars: | 10g |

## FRANCIS

G/F, 4 & 6, St. Francis Street, Starstreet Precinct

**Burnt Eggplant**

### Key Ingredients

- Eggplant
- Tomato
- Green Bell Pepper
- Yogurt
- Chilli

### Allergens

- Milk

### Nutritional Values (per serving)

| | |
|---|---|
| Energy: | 457kcal |
| Protein: | 14g |
| Total Fat: | 4g |
| Carbohydrates: | 83g |
| Sugars: | 9g |

## giando

Italian Restaurant & Bar

Shop 1, G/F, Tower 1 Starcrest, 9 Star Street, Starstreet Precinct

**Branzino Selvatico al Sale**

### Key Ingredients

- Seabass
- Swiss chard
- Cauliflower
- Romanesco broccoli
- Baby carrot

### Allergens

- Alliums

### Nutritional Values (per serving)

(without sauce)

| | |
|---|---|
| Energy: | 764kcal |
| Protein: | 151g |
| Total Fat: | 8g |
| Carbohydrates: | 20g |
| Sugars: | 2g |

Fish

**Mindful eating tip:**
Cutting back on sauce helps you enjoy natural flavours and supports your health goals.

giando
Italian Restaurant & Bar

Shop 1, G/F, Tower 1 Starcrest, 9 Star Street, Starstreet Precinct

## La Tartare di Oberto

### Key Ingredients

- Fassona beef
- Lemon
- Onion
- Olive
- Egg yolk

### Allergens

- Alliums
- Eggs

### Nutritional Values (per serving)

(without sauce)

| | |
|---|---|
| Energy: | 224kcal |
| Protein: | 27g |
| Total Fat: | 11g |
| Carbohydrates: | 3g |
| Sugars: | 1g |

**Mindful eating tip:**
Cutting back on sauce helps you enjoy natural flavours and supports your health goals.

Grappa's
QRE

G/F, 18 Queen's Road East, Starstreet Precinct

## Linguine al "Pesto" Genovese

### Key Ingredients

- Fresh basil
- Garlic
- Olive oil
- Pine nuts

### Allergens

- Alliums
- Cereals containing gluten
- Milk
- Tree nuts

### Nutritional Values (per serving)

| | |
|---|---|
| Energy: | 449kcal |
| Protein: | 13g |
| Total Fat: | 19g |
| Carbohydrates: | 54g |
| Sugars: | 2g |

LE GARÇON SAÏGON

G/F, 12-18 Wing Fung Street, Starstreet Precinct

## BO THIEU

### Key Ingredients

Prime ribeye beef
Red onion
Toasted rice
Mint

### Nutritional Values (per serving)

(without dressing)

| | |
|---|---|
| Energy: | 576kcal |
| Protein: | 34g |
| Total Fat: | 28g |
| Carbohydrates: | 41g |
| Sugars: | 6g |

### Allergens

Alliums
Fish
Sesame

**Mindful eating tip:**
Putting dressing on the side helps you enjoy natural flavours and supports your health goals.

LE GARÇON SAÏGON

G/F, 12-18 Wing Fung Street, Starstreet Precinct

## GOI MUC DUA LEO

### Key Ingredients

Calamari
Salted cucumber
Vietnamese herbs
House made chilli oil

### Nutritional Values (per serving)

(without dressing)

| | |
|---|---|
| Energy: | 321kcal |
| Protein: | 56g |
| Total Fat: | 8g |
| Carbohydrates: | 19g |
| Sugars: | 5g |

### Allergens

Alliums
Molluscs
Sesame

**Mindful eating tip:**
Putting dressing on the side helps you enjoy natural flavours and supports your health goals.

G/F, 16 Wing Fung Street, Starstreet Precinct

## BÁNH MÌ ĐẬU HŨ VÀ NẤM

### Key Ingredients

- Braised mushroom & tofu
- Pickle
- Cucumber
- Lettuce

### Allergens

- Alliums
- Cereals containing gluten
- Eggs
- Sesame
- Soybeans
- Sulphur dioxide & sulphites

### Nutritional Values (per serving)

| | |
|---|---|
| Energy: | 543kcal |
| Protein: | 23g |
| Total Fat: | 19g |
| Carbohydrates: | 65g |
| Sugars: | 5g |

G/F, 16 Wing Fung Street, Starstreet Precinct

## BÁNH MÌ THỊT NGUỘI

### Key Ingredients

- Rolled pork belly
- Pork terrine
- Pickle
- Cucumber
- Lettuce

### Allergens

- Alliums
- Cereals containing gluten
- Eggs
- Fish
- Sesame
- Soybeans
- Sulphur dioxide & sulphites

### Nutritional Values (per serving)

| | |
|---|---|
| Energy: | 573kcal |
| Protein: | 23g |
| Total Fat: | 24g |
| Carbohydrates: | 61g |
| Sugars: | 5g |

## MATCHALI

G/F, 5 Moon Street, Starstreet Precinct

**Matchali Chia Granola Yogurt**

### Key Ingredients

Yogurt
Granola
Blueberry
Chia seeds
Matcha powder

### Allergens

Cereals containing gluten
Milk
Tree nuts

### Nutritional Values (per serving)

(without Yuzu Apple Oolong Jam)

| | |
|---|---|
| Energy: | 309 kcal |
| Protein: | 9 g |
| Total Fat: | 10 g |
| Carbohydrates: | 35 g |
| Sugars: | 12 g |

**Mindful eating tip:**
Keeping the fruit jam on the side helps you control the amount and supports your health goals.

## MORTY'S DELICATESSEN

G/F, 9-10 Wing Fung Street, Starstreet Precinct

**Parmesan Roasted Fennel**

### Key Ingredients

Fennel
Beetroot
Mushroom pâté
Arugula
Focaccia

### Allergens

Cereals containing gluten
Milk

### Nutritional Values (per serving)

(without sauce)

| | |
|---|---|
| Energy: | 425kcal |
| Protein: | 17g |
| Total Fat: | 14g |
| Carbohydrates: | 47g |
| Sugars: | 12g |

**Mindful eating tip:**
Cutting back on sauce helps you enjoy natural flavours and supports your health goals.

Shop 101, L1, Pacific Place

## Avocado Kale Caesar Salad

### Key Ingredients

Green Romaine lettuce
Boiled egg
Avocado

### Nutritional Values (per serving)

(without dressing)

| | |
|---|---|
| Energy: | 353kcal |
| Protein: | 10g |
| Total Fat: | 28g |
| Carbohydrates: | 13g |
| Sugars: | 3g |

### Allergens

Eggs
Milk

**Mindful eating tip:**
Putting dressing on the side helps you enjoy natural flavours and supports your health goals. Feel free to customise your salad with the toppings available on the day.

**Note:**
Feel free to customise your salad with the toppings available on the day.

3-19 Wing Fung Street, Starstreet Precinct

## Shredded Chicken with Caesar & Roasted Pumpkin Salad

### Key Ingredients

Chicken breast
Green Romaine lettuce
Boiled egg
Pumpkin
Chickpea

### Nutritional Values (per serving)

(without dressing)

| | |
|---|---|
| Energy: | 435kcal |
| Protein: | 44g |
| Total Fat: | 11g |
| Carbohydrates: | 34g |
| Sugars: | 7g |

### Allergens

Eggs
Milk
Soybeans

**Mindful eating tip:**
Putting dressing on the side helps you enjoy natural flavours and supports your health goals.

**Note:**
You can choose shredded chicken with any two salad toppings of your choice —

all at the same price.

Shop 2, Tower 2 Starcrest, 9 Star Street, Starstreet Precinct

## Pan-Fried Sea Bass

### Key Ingredients

Roast potato
Crusted basil crumb
Tomato basil concasse
Nduja butter sauce

### Nutritional Values (per serving)

(without sauce)

| | |
|---|---|
| Energy: | 255kcal |
| Protein: | 33g |
| Total Fat: | 4g |
| Carbohydrates: | 22g |
| Sugars: | 2g |

### Allergens

Alliums
Cereals containing gluten
Fish
Milk
Sulphur dioxide & sulphites

**Mindful eating tip:**
Cutting back on sauce helps you enjoy natural flavours and supports your health goals.

Shop 005, LG1, Pacific Place

## Steamed Minced Vegetable Dumpling

### Key Ingredients

Vegetables
Egg
Vermicelli
Black fungus

### Nutritional Values (per serving)

| | |
|---|---|
| Energy: | 256kcal |
| Protein: | 3g |
| Total Fat: | 16g |
| Carbohydrates: | 25g |
| Sugars: | 0g |

### Allergens

Cereals containing gluten
Eggs

SALISTERRA

L49, The Upper House

FREE Virgin Mojito

## Family Club

### Key Ingredients

- Buttermilk fried chicken
- Cherry tomato
- Avocado
- Kale
- Romaine lettuce

### Allergens

- Alliums
- Cereals containing gluten
- Eggs
- Milk

### Nutritional Values (per serving)

(without dressing & bacon)

| | |
|---|---|
| Energy: | 436kcal |
| Protein: | 18g |
| Total Fat: | 28g |
| Carbohydrates: | 25g |
| Sugars: | 4g |

**Mindful eating tip:**

Putting dressing and bacon on the side helps you control the amount and supports your health goals.

THAI BASIL

Shop 112, L1, Pacific Place

10% OFF

## Chargrilled U.S. Prime Ribeye Beef Salad

### Key Ingredients

- Prime ribeye beef
- Fungus
- Papaya
- Endive

### Nutritional Values (per serving)

(without dressing)

| | |
|---|---|
| Energy: | 449kcal |
| Protein: | 30g |
| Total Fat: | 32g |
| Carbohydrates: | 7g |
| Sugars: | 3g |

**Mindful eating tip:**

Putting dressing on the side helps you enjoy natural flavours and supports your health goals.

## THAI BASIL

Shop 112, L1, Pacific Place

### Fresh Mango & Beetroot Rice Paper Roll

**Key Ingredients**

Mango
Beetroot
Carrot

**Nutritional Values** (per serving)

(without sauce)

| | |
|---|---|
| Energy: | 275kcal |
| Protein: | 3g |
| Total Fat: | 1g |
| Carbohydrates: | 51g |
| Sugars: | 13g |

**Mindful eating tip:**

Cutting back on sauce helps you enjoy natural flavours and supports your health goals.

## THE CONTINENTAL RESTAURANT & BAR

Shop 406, L4, Pacific Place

### Half Roast Chicken

**Key Ingredients**

Mushrooms
Asparagus
Madeira sauce

**Nutritional Values** (per serving)

(without sauce and chicken skin)

| | |
|---|---|
| Energy: | 396kcal |
| Protein: | 62g |
| Total Fat: | 15g |
| Carbohydrates: | 2g |
| Sugars: | 1g |

**Allergens**

Alliums
Sulphur dioxide & sulphites

**Mindful eating tip:**

Cutting back on sauce and skipping the chicken skin keeps your meal lighter and supports your health goals.

THE CONTINENTAL
RESTAURANT & BAR

Shop 406, L4, Pacific Place

## Japanese Fruit Tomato

### Key Ingredients

Burrata cheese
Sourdough croutons
Basil

### Allergens

Cereals containing gluten
Milk

### Nutritional Values (per serving)

(without sauce)

| | |
|---|---|
| Energy: | 286kcal |
| Protein: | 11g |
| Total Fat: | 20g |
| Carbohydrates: | 15g |
| Sugars: | 1g |

**Mindful eating tip:**
Cutting back on sauce helps you enjoy natural flavours and supports your health goals.

GRAND CAFE
THE HAWK & ASTER

Shop 008, LG1, Pacific Place

## The Garden Salad

### Key Ingredients

Mixed greens
Carrot ribbons
Zucchini ribbons
Cucumber
Green peas

### Nutritional Values (per serving)

(without dressing)

| | |
|---|---|
| Energy: | 67kcal |
| Protein: | 3g |
| Total Fat: | 1g |
| Carbohydrates: | 11g |
| Sugars: | 2g |

**Mindful eating tip:**
Putting dressing on the side helps you enjoy natural flavours and supports your health goals.

Shop 001, LG1, Pacific Place

## Octopus & Scallop Salad in Garlic Sauce

### Key Ingredients

- Octopus
- Scallop
- Mixed hydroponic greens
- Seaweed

### Allergens

- Alliums
- Molluscs

### Nutritional Values (per serving)

(without dressing)

| | |
|---|---|
| Energy: | 145kcal |
| Protein: | 16g |
| Total Fat: | 3g |
| Carbohydrates: | 10g |
| Sugars: | 3g |

**Mindful eating tip:**

Putting dressing on the side helps you enjoy natural flavours and supports your health goals.

Shop 002, LG1, Pacific Place

## Braised Pumpkin with Crab Meat and Chinese Pearl Barley Casserole

### Key Ingredients

- Pumpkin
- Crab meat
- Chinese pearl barley

### Allergens

- Cereals containing gluten
- Crustaceans

### Nutritional Values (per serving)

| | |
|---|---|
| Energy: | 321kcal |
| Protein: | 11g |
| Total Fat: | 2g |
| Carbohydrates: | 55g |
| Sugars: | 11g |

This initiative forms part of our ongoing commitment to wellbeing and workplace wellness, a journey proudly recognised by our WELL Core Platinum Certification.

DISCOVER MORE

* Please present your *Pacific Place Mobile App* upon redemption. Other terms and conditions apply. Please check with participating restaurants for details. In case of dispute, the decision of Swire Properties Management Limited and the participating restaurants shall remain final.

^ The information on key ingredients, allergens, and nutritional values is based on details provided and confirmed by the participating restaurants. Allergen data also takes into account ingredients known to contain allergens as outlined by the Centre of Food Safety of the Government of the Hong Kong Special Administrative Region, along with other commonly recognised allergens. Nutritional content has additionally been reviewed by a qualified Nutritionist (BSc) to ensure accuracy.

While every effort has been made to ensure the reliability of this information, Swire Properties Management Limited accepts no responsibility for any errors, omissions, or adverse reactions that may result from the consumption of the listed items.

For your safety, please consult restaurant staff directly if you have any food allergies or specific dietary requirements.

PACIFIC PLACE

STARSTREET PRECINCT

SWIRE PROPERTIES

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